

**Amendments to the Abstract:****Please amend the Abstract as shown below:****Abstract**

A heater ~~includes~~ is provided including a plate having a heating surface for heating an object to be heated and a ~~resistant-resistance~~ heater element provided in the plate. This ~~resistant-resistance~~ heater element includes a continuous wiring pattern ~~with-including~~ a plurality of flexures and including a thermal uniform pattern part which improves thermal uniformity. ~~If the resistant heater element includes a~~ The continuous wiring pattern ~~with-includes~~ a plurality of folding parts as the flexures, a space. A first distance between the wirings before folding and after folding with respect to each of the folding parts is approximately the same as a width L3 in a first region of the wiring pattern in a region other than a second region proximate the folding part and the vicinity thereof parts is substantially constant, and is made wider than the width L3 at the folding part and in the vicinity thereof a second distance between the wirings in the second region is greater than the first distance.